

## ABSTRACT

Food package according to the present invention comprises a container made of soft material and having a trunk substantially shaped in a cylinder, a truncated cone or an inverted truncated cone, and a bottom formed in its substantially central zone with a push-out aperture provided with a removable seal, and filled with viscous or semisolid food wherein the container has a sealed upper opening. Push-out method for food from such food package comprises steps as follow: providing a push-out device comprising a container receiving member having a substantially cylindrical trunk member and a bottom member provided in its central zone with a through-hole, and a depressing member adapted to be guided into the cylindrical trunk member from above; setting the food package according to Claim 1 in the container receiving member; compressing the food package by the depressing member from above toward the bottom while the container made of soft material is controllably guided along the inner surface of the cylindrical trunk member or a peripheral surface of the through-hole of the bottom member so that the container may be prevented from shifting sideways until the container is flattened; and thereby forcing out the content food through the push-out aperture and the through-hole of the bottom of the container made of soft material.